



Hands on Huntington
423 Park Avenue
Huntington, NY 11743



Inspiring Success

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HANDS ON HUNTINGTON

SUMMER 2012

~ NEWSLETTER ~

VOLUME 7

Volunteerism is at the very heart of Hands on Huntington and we are proud to recognize people choosing to help other seniors age in their own homes, supporting the cornerstone of this initiative's goals. Following is a thumbnail sketch of some of the volunteers working with social worker, Tina Block, to make this mission possible.

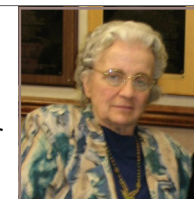
Lorraine Drouin

Lorraine wants to contribute, to give back and she chooses Hands on Huntington because it offers something constructive to the community where she can have an immediate impact. She is a member of the Advisory Board and the newsletter committee where she writes articles.



Maria Hottinger

Maria received an award from the United Adult Ministries in recognition for her service to older adults inside and outside the church community. She is on the Advisory Board and newsletter committee. Maria is a world class fundraiser, bringing in donations for the raffle for the Senior Brunch, food donations for the fundraising raffle as well as donations from local businesses and doctors.



Renee Rubin- Ross

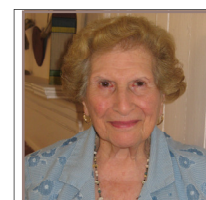
Renee and her deceased husband, Sim were the first couple interviewed for Hands on Huntington. Renee is on the Advisory Board newsletter and fundraising committee. Her duties include selling raffle tickets and putting together baskets for the fundraising raffle. As the newsletter editor, she also does this beautiful layout.

Janet Hoffman



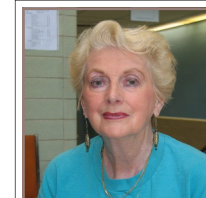
Janet is very interested in helping other seniors because she is familiar with the problems associated with keeping people in their homes. She is on the Advisory Board, the newsletter committee where she writes articles, and volunteers in the office where she makes outreach phone calls. She also runs the library at the Senior Center.

Emily Fine



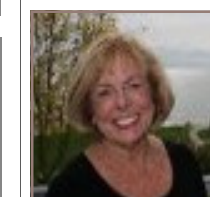
Age is no deterrent to volunteerism. Emily wants to help others, and is grateful that at 88 that she is still around to do so. She is on the Advisory Board, the fundraising and newsletter committees and she helps with mailings.

Meg Lawrence



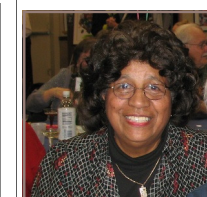
Meg is one of the original members of Hands on Huntington, and a great believer in its goals and programs of outreach and inclusion. She is on the Advisory Board, the newsletter committee for which she writes numerous articles, volunteers at the inoculation program every fall and works on mailings.

Rae Brock



Rae chose Hands on Huntington because she understands the assistance seniors need and sees that often seniors are lost and don't know where to turn. Volunteering is her way to help and bring a little cheer. She has done volunteer work with many organizations and finds it rewarding. Volunteering gives her a sense of purpose through doing good for others.

Brenda Weems



Brenda saw Hands on Huntington's programs as a way to get involved. Recently retired, she is on the Advisory board and the newsletter committee. Brenda worked to get donations from businesses for the fundraising raffle and put together baskets for the event. She also collects information on free social and recreational events for seniors.

Upcoming Events

Advisory Board Meeting: Meet Your NYS Assemblyman Andrew Raia

Mon. August, 6th at 11:00 am
At the Senior Beach House:
**Bring your lunch; desserts and cold drinks provided.*

Community Health Chat: Protecting the Ground Water: Safe Use of Pesticides and Alternatives for Homeowners

Wed. August 22nd at 1:00 pm
At the Harborfields Library:
31 Broadway, Greenlawn

Save the Date: Beach House
Brunch Tuesday, October 23rd



Hands on Huntington Service area is shaded in Blue

Hands on Huntington (HOH) actively engages seniors and improves their access to social, recreational and health services. Funded through the New York State Office of Aging Neighborhood Naturally Occurring Retirement Community (NNORC) Program, HOH serves seniors who reside in portions of Huntington, Greenlawn and East Northport. This initiative is also supported by United Way of Long Island, F·E·G·S and the Town of Huntington, and engages partners including North Shore-LIJ Health Systems, Suffolk Y JCC and others.

In addition to the Advisory Board members, Hands on Huntington is blessed with volunteers who make family visits to seniors in their homes, two of whom have done so for over three years.

The philosophy and outreach of Hands on Huntington very much reflect love thy neighbor as thyself.

THE HEALTH CORNER



Hot Weather Tips for Seniors

Seniors are more prone to heat-related health problems than younger people. Nearly all of a senior's internal organs function with less efficiency, especially those that help the body deal with heat. Also most seniors are on combinations of medications that further slow the body's ability to deal with heat. Here are some general guidelines to provide basic information about maintaining well being when the weather is hot.

1. **Drink Plenty of Water** – don't wait until you're thirsty. You lose a lot of water through perspiration. Carry a water bottle with you if you are able.
2. **Avoid Alcohol and Caffeine** – they cause your body to lose more water.
3. **Stay in a Well-Ventilated Area** – circulation of air helps you keep cool. Open a window or turn on a fan or air conditioner.
4. **Know Your Medication** – the heat may affect your reaction to certain medications
5. **Have A Friend Check Up On You** – plan to have a friend check on you at different times of the day when the temperature is extremely high.

Heat Related Illness

Heat Cramps: Warning Signs: Some may experience painful muscle contractions, usually in the hamstring muscles. **What to do:** Take heat cramps seriously, cool yourself down to avoid more serious problems.

Heat Exhaustion: Warning Signs: Dizziness, fatigue, faintness and/or headache. Skin that is pale and clammy. Pulse is rapid and weak. Breathing is fast and shallow. Muscle cramps. Intense thirst. **What to do:** Seek medical attention immediately!

Heatstroke:

Warning Signs: Often preceded by heat exhaustion and its symptoms. Skin that is hot, dry and flushed – no sweating. High body temperatures. Rapid heartbeat. Confusion.

What to do: Call 911. This is a serious medical emergency that can lead to death. While waiting for help to arrive, get out of the sun or heat, drink fluids, and lie down with cool washcloths on your face and neck.

Mary DiSario –Hands on Huntington Nurse

BE SAFE – DUMP THE WATER

An easy way to get rid of mosquitoes that might cause West Nile Virus, Encephalitis and other mosquito – carried diseases would be to have the general public and businesses empty the water from containers such as pails, tires, and wheelbarrows after a rainfall. This stagnant water is the place where disease-carrying mosquitoes are likely to breed. These actions would eliminate the need for county and town spraying of pesticides (neurotoxins) to take care of this kind of threat at the larvae level of Mosquito development.

How about asking your children and grandchildren to seek out these possible containers and DUMP THE WATER?

Do your part to help reduce the toxins in our environment.

Janet Hoffman – Environmental Health Librarian

NEWSLETTER STAFF

Lorraine Drouin
Emily Fine
Janet Hoffman
Maria Hottinger
Meg Lawrence
Renee Rubin-Ross
Brenda Weems

HUNTINGTON TOWN BOARD

Frank P. Petrone, Supervisor
Mark Cuthbertson
Susan A. Berland
Mark Mayoka
Eugene Cook

HANDS ON HUNTINGTON

423 Park Ave.
Huntington, NY 11743
631-351-6610

Tina Block, LMSW, Director

TINA'S BLOCK

*Help! I Am Not Able to Drive and Due to Physical or Medical Limitations I Cannot Take the Regular Street Bus.
How Can I Get Around?*

There are two easy options for you- The Town of Huntington HART Paratransit Program and the SCAT Paratransit Program. Both programs are curb-to-curb services available to anyone who has a physical or medical condition that inhibits them from walking to, waiting for or riding on a regularly-scheduled, fixed-route bus for the general public. For example: If you have shortness of breath when walking more than a block or severe arthritis that prevents you from standing for minutes at a time you will most likely be eligible for use of these services. All you need to do is complete an application. You can obtain an application by calling HART, SCAT or Hands on Huntington. After your application is approved, appointments for rides must be made a head of time. You can request rides through HART and SCAT to destinations for employment, personal business, social and recreational, medical appointments, religious services, etc. The HART bus costs \$1.25 each way and service is provided within the Town of Huntington. The SCAT bus costs \$3.00 each way and service is provided within Suffolk County. If you need assistance in filling out either application call Hands on Huntington at (631) 351-6610, and we can assist.

HART Paratransit Program

144 East Second Street
Huntington Station, NY 11746
(631) 427-8287

SCAT Paratransit

Suffolk County Office of Handicapped Services
Building 158, North County Complex
P.O. Box 6100
Hauppauge, NY 11788
(631) 738-1150

Do you have questions for Tina? Send us your questions by mail to Hands on Huntington, 423 Park Ave., Huntington, NY 11743 or call (631) 351-6610. We look forward to hearing from you.

*Town of Huntington Senior Awards Luncheon at Larkfield Manor on May 13, 2012
Honored Hands on Huntington Member Renee Rubin-Ross for Her
Exceptional Volunteer Work in the Community*



Hands on Huntington was so proud that one of the earliest and most active members, Renee Rubin-Ross was honored at the recent Town of Huntington Senior Awards luncheon on May 13, 2012. In addition to being a prominent and vital asset to Hands on Huntington, Renee's volunteer work helped establish a library in Elwood and assisted members of her Temple in numerous ways. She is also a volunteer at the Eastern Cooperative Recreation School and the East Northport Jewish Center where she is in charge of the Caring Committee. Renee's volunteer work has made a difference in our community and because of her efforts; many lives have been positively impacted. Thank you Renee!

